

30 July 2017

Greetings!

I am happy to report that we are noticing increases in confidence and skills with 8 weeks of Mere Mortals behind us. Consistency is the key as is asking for help or advice when you need it. The board would also like to thank everyone for their amazing ability to adapt to what the weather throws at us. We always want to get as much training in as possible but safety comes first. Additionally, we appreciate everyone's efforts to be checked-in and set up by 6:30. We try to duplicate real race conditions so transition will continue to be closed after 6:30 am for the remaining sessions.

As we head into August, remember that the Santa Rosa Tri is only two months away so make sure to register before it fills up. **It will sell out!** Other events to look forward to: "Gear Swap Day" on 8/13 as part of Mere Mortals. Bring your lightly-used gear to trade. The next week is the annual TGC summer social on 8/20. MAKE A NOTE BECAUSE THIS IS A DATE CHANGE! We will have burgers, games and a local brewery is supplying beverages so it should be a great time!!

Please continue to train safely and always feel free to pass on any suggestions to us at www.trigulfcoast.org or our Facebook page.

John Fitzgerald
 TGC President
 & The TGC Board



Three Nutritional Habits with Super Powers By Coach Chris Palmquist

As a coach, I care about my athletes' overall health. After all, that is ultimately one of the goals of leading an active life. Ironically, many athletes lose track of the crucial importance of eating nourishing foods and getting rest. As a result, many feel joint pain, recover poorly, feel fatigue, suffer several high and low energy periods each day and become ill often.

After several decades of misleading nutrition information from "experts," and more recently, many contradictory nutrition trends, the hardest thing about eating well may be knowing what that means. Everyone is different. What works for you may not work for me.

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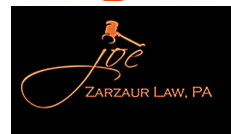
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Free phone consultations



\$6 Daily Meal Deal
6" Sub-of-the-Day, Chips, and Drink



Fortunately, there are three clear nutritional habits that nutritional advisors agree upon and that will work for almost everyone. You can add these habits to your daily routine without any negative impact on your training goals. Try them and see if you feel more even energy, lose a little extra weight, feel less stiffness and pain and remain healthy the next time your kids bring home a virus.

Stay Hydrated

At national team camps, we test our athletes' hydration status 1-2 times per week. Despite their best intentions, we always have 1-2 athletes who are moderately to significantly dehydrated. If you are training often, it takes persistent effort to remain hydrated.



A dehydrated body will experience more headaches, fatigue, low energy, aches and cravings. A dehydrated brain will not be able to think as clearly. The body will perceive dehydration as stress and will respond with hormones and negative sensations designed to keep you alive in poor conditions (like storing more fat).

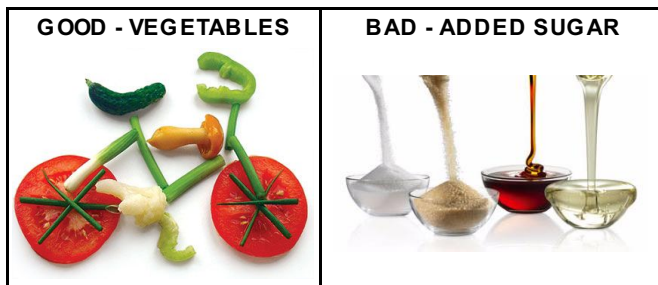
Drink plenty of pure water and water with added electrolytes to help you hydrate. Stay away from drinks with added sugar, caffeine or artificial sweeteners. (It is still fine to use sports drinks with sugar during long or intense workouts.)

How much? As a starting point, aim to drink about 5 ounces of water per day for every 10 pounds that you weigh. For example, a 150-pound person would drink 75 ounces per day of water each day and add another bottle or two per hour of training. (1 cup = 8 ounces)

Eat your vegetables (especially green leafy)

All nutritionists and dietitians agree that vegetables, especially leafy greens, are amazing for us. Most people and many athletes do not eat nearly enough of these vitamin and mineral-packed foods. Eating a variety of vegetables will increase your intake of vital nutrients like Vitamin K, E, A and C, iron, potassium, magnesium, zinc, phosphorus and calcium. Plants have phytonutrients that can help protect us from chronic illnesses and diseases like cancer. Leafy greens reduce inflammation, increase healthy gut flora, improve liver function and lower mucus production (helpful for those prone to sinus infections and bronchitis or asthma).

Aim to eat about 7 servings of non-starchy vegetables per day (especially greens). A serving is one cup of fresh vegetables or ½ cup of cooked vegetables. As you strive for those 7 servings, try to include 1-2 servings of vegetables at each meal and snack. Sautee greens with your eggs. Try sugar snap peas and humus for a snack. Eat a large salad as part of lunch or dinner. Roast brussel sprouts for dinner. Add a handful of spinach to your smoothie. If you work on it, you can do it!



Avoid Added Sugar

The food industry has discovered a dirty secret to selling more food to you. If they add sugar, they can save money over using higher quality ingredients and you will crave that food more. If you look at the ingredient labels for most processed food, you will find sugar or another name for sugar in the list. All this added sugar can quickly accumulate in our daily diet and contribute to insulin



Two free workouts and an unlimited rate of \$110/month for CrossFit classes. Check out the youth performance training as well.



15% discount for any new treatment or service



Pensacola's Locally-Owned Performance Swim Store



resistance, Type II Diabetes, mood swings, depression, cancer, weight gain and yeast infections. It increases inflammation - leading to more joint pain, mucus production (asthma, allergies, sinus infections) and decreased immune system strength.

Look on food labels for these sugar names: maltodextrin, agave syrup, monk fruit, corn syrup, evaporated cane juice, brown rice syrup, fructose and raw sugar to name a few. Stay away from artificial or chemical sweeteners - which only lead to more sweet cravings, possibly with side effects.

Use nutrition information and nutrition trackers to track your added sugars each day. Females should stay below 24 grams of added sugar per day and males should eat below 36 grams per day. As you track your sugars, you do not have to count the naturally occurring sugars found in plain, whole milk dairy or in whole or unsweetened frozen fruits and vegetables. You also do not have to count the sugars in your sports nutrition required for long (2+ hour workouts) or intense (hard interval) training sessions. Everything else counts towards your daily totals.

Work hard on staying hydrated, eat many vegetables (especially leafy greens) and avoid artificial sweeteners and added sugars. You will feel the difference. These are life-long nutrition habits that no one will dispute and they will make a difference in your health and your athletic goals.



Coach Chris Palmquist is a USAT Level III and Youth/Junior Coach, USAC Level I Coach and a F.I.S.T. Certified Bike Fitter with 18 years of coaching experience and has coached athletes to success at the regional, national and world level. Chris has coached elite athletes at ITU World Paratriathlon Events and High Performance Camps at Olympic Training Centers. Chris also coaches training camps for USAT Juniors, Challenged Athletes Foundation and Dare2Tri. As an

athlete, she has numerous top finishes in many sports including triathlon, collegiate rowing, canoe/kayak, cross country skiing, speed skating and road bike racing. Her coaching philosophy is based on trust, communication, balance, achieving top potential and the joy of training and racing. Chris is married with two children. Contact her at chris@teamMPI.com.

TGC Gear Swap Day

Gear Swap Day will be held on August 13 in conjunction with Mere Mortals. Clear your closet of tri gear that's gently used but was never your style, doesn't fit or conflicts with the color scheme of your bike.

Whatever you've got that you're not using, bring it. We'll have tables set up for it, and if you really feel the need to get some cash for your items, then mark them as such. **We are not responsible for safekeeping of your items or negotiating on your behalf.**

Some ideas for giveaways are dean tri dothing, goggles, swim caps, gels, hydration and bags. Some ideas for saleable items are tires, shoes, wheels, and bikes.

If you haven't used it in a year, then you probably never will. Now's your chance to get rid of it.



Code T-GCT30 for 30% off all equipment



10% off with code: TGCMC



15% off all accessories & apparel



Discount Code: C-TRIGULF

Volunteer for Youth Triathlon Program Events!

We need Volunteers to do ALL this and more...



So the kids can do ALL this safely!



Event: Youth Triathlon Clinic

When: Saturday, September 2, 2017
Time: 6:00 am - 10:30 am (approximate times)
Where: Pensacola Beach
Park East

Event: Sea Turtle Youth Triathlon

When: Sunday, October 8, 2017
Time: 6:00 am - 10:30 am (approximate times)
Where: Pensacola Beach
1.2 miles east of Portofino Resort



We need YOU! These are great volunteer opportunities to give back to the sport and encourage our young athletes!

How to Sign Up

To volunteer for the Sea Turtle Tri, register [here](#).

To volunteer for the Youth Triathlon Clinic, contact Mindi Straw at mindi@trigulfcoast.org.

Volunteers at the Sea Turtle Triathlon will get a custom Headsweats visor to wear!

GROUP TRAINING:

Mere Mortals

Triathlon Practice/Training
Most Sundays - 6:30 AM
Pensacola Beach, FL

Joe Zarzaur I Hate Open Water Swim Series:

Open Water Swim Practice
Weekly (Thursday)
Quietwater Beach - Across from Shaggy's
Splash Time - 6:30 AM



For additional group training options, check out the Facebook group ["TGC Trains"](#).

Subway: Supporting the Athletic Community in Pensacola



If you've done any local 5K, 10K, Swim, Cycle, or Triathlon event in Pensacola, you have without-a-doubt, noticed Subway's presence.

Subway participates in these events at all levels from sponsorship to participation with leadership toeing the start line, crossing the finish line, and helping to fuel the after-parties. Our local Subway franchisor also graciously supports local athletic teams and clubs, including Tri Gulf Coast and Mere Mortals!



It's a great fit as Subway is a pioneer in fresh, healthy food options. The Subway brand is the world's largest submarine sandwich chain with more than 44,000 locations around the world. They are the leading choice for people seeking quick, nutritious meals that the whole family can enjoy.

Be on the lookout for Subway's presence at Mere Mortals and other local events. Thank them for their support and visit the many Subway Restaurants in the Pensacola and surrounding areas!

Tell Your Story

**Do you have a story you would like to share with your fellow TGC Triathletes?
Do you have an article you would like to have published in the Newsletter?**

**We're always looking for submissions. Email your story/idea/experience to:
Sheila@TriGulfCoast.org.**

CALLING ALL DATA GEEKS!!!!

You know who you are... You can't wait to upload that activity and analyze your stats. IF YOU ARE MOTIVATED BY DATA, THIS MAY BE OF INTEREST TO YOU!

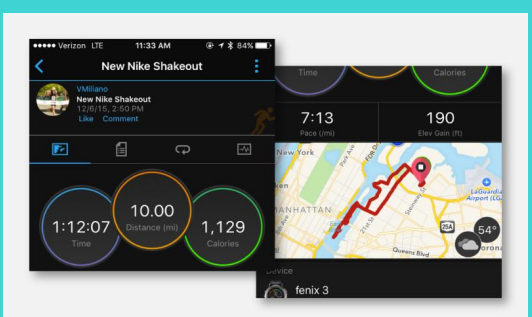


talk nerdy to me



Todd Buckingham, a PhD candidate at Michigan State University, is conducting a research study that looks to assess data measured by a triathlete's **multisport watch**, to see what variables are most related to success in each discipline, as well as in the overall triathlon. To participate, triathletes must have participated, or plan to participate, in an **Olympic-distance triathlon** during the 2017 triathlon season, and used or plan to use a multisport watch during the race. The study will require data from each of the three disciplines separately, so participants must have their watch set to multisport mode and push the 'lap' button after each discipline. For additional information on how participants should use their multisport watch during the race in order to be eligible for the study, visit <http://www.toddbuckingham.com/blog/2017/6/13/todds-triathlon-study>.

Post Race - Following completion of the race, participants will complete a questionnaire using the Qualtrics software that asks years of triathlon experience, previous experience in a standalone event (i.e., swimming, cycling, or running), main sport competed in prior to triathlon, triathlons completed and distances of each race, personal records for each discipline and overall, personal records for standalone events in swimming, cycling, and running (e.g., marathon), purpose for competing in triathlons, and time and distance spent training during an average week (total and for each discipline).



Participants will also send a link through the survey that contains the Olympic-distance triathlon race measured by their multisport watch. This will allow researchers to analyze which variables

are associated with better performance during an Olympic-distance triathlon race in each the swim, bike, and run disciplines, and overall for age-group triathletes.

Participants will obtain information that will hopefully lead to an improvement in his or her triathlon performance.

To obtain additional details and to fill out a research participant information and consent form, visit https://msu.co1.qualtrics.com/jfe/form/SV_aeCvv0pIOP7syk5.

Do Your Homework Courtesy of Patrick Willi

Sunday mornings with Mere Mortals are FUN and there is little doubt that it is an important part of your triathlon preparation. It should NOT be the only part of your triathlon preparation. If you want to be a stronger triathlete it is going to require more than one day of practice. If you are nervous in the water, it's going to require more than one day of swimming. If you are a horrible runner, you need to run more. If you hate the bike...well you get the point.



If you give it your ALL during Mere Mortals week after week, you will absolutely be able to finish SRITRI. If your goal is to compete for a spot on the podium or improve your performance from a previous race, it's going to take some extra work. I am not a coach, but I've done a couple triathlons and have a handle on what it takes. TGC is fortunate to have access to coaches and athletes with a variety of experience and specialties. Any of our sponsors or members would be happy to offer advice and/or services.

Consider these basic suggestions for continued exercise throughout the week:

Running (Hill Repeats; Intervals; Tempo; Long Runs, Trail)

Putting in extra run miles throughout the week builds your strength, endurance, and confidence. To improve speed, incorporate dedicated hill repeats, sprint intervals, and/or tempo runs. If you want to improve agility and work more muscles in your feet and ankles, incorporate trail running. Endurance will come automatically if you keep increasing your run distances. To lose weight, you need to keep your heart rate up.

Biking (Drills; Hill Repeats; Long Rides; Group Rides; Mountain Biking)



Usually cycling is where you see your most significant gains. Cycling drills can help improve your pedal stroke, bike handling skills, and comfort on your bike. Hill repeats are really the same concept as running hill repeats. Long rides build your endurance and group rides can help you work on EVERYTHING from speed to comfort riding close to people. Mountain biking is a completely different experience that really allows you to work on bike handling.

Stretching, Foam Rollers, and Massage

Triathlon can take a toll on anyone's body. Stretching and massage will release tense muscles and ease the aches and pains. Foam rollers and trigger point massage are additional tools you should check out.

Nutrition (Everyday and Event Nutrition)

You can't expect to look like a million bucks if you eat from the dollar menu. You're going to see the biggest changes if you eat clean(er), watch portion size, and drink more water. This refers to your daily food intake. You should also practice your race-day nutrition before race day. Take the GU or sports drink you want to try on your run or ride and make sure there are no ill effects. Consider trying different products until you find something that works for your needs.



Strength Training

Building muscle will help speed up your metabolism and burn fat more efficiently. Lift weights or find bodyweight exercises that work for you.

Swimming (Pool, Drills, Open Water)



Pool swimming is a great time for drills that improve your swim form, efficiency or speed. Usually a coach would prescribe drills based on your swimming strengths and weaknesses. Regardless, laps in the pool will improve your overall endurance and confidence. Most events we do involve open water swimming (OWS). Train OWS as much as possible. Again, it will help curb anxiety and boost confidence the more you are able to do it.

Visualization & Meditation

Visualization plays a huge part in a successful race. Throughout your training, visualize yourself entering the water, swimming, and exiting the water. Visualize yourself in the transition area. Visualize a successful bike. Most importantly, visualize yourself crossing the finish line. It is also important to do this during the race. Think about what your immediate next step is, before you are there. This prepares your mind and body for what to expect in the next stage of a race.

Relaxation, Meditation, and deep breathing exercises can help ease anxiety. Like every aspect of triathlon, you should practice these to become better and learn how to force your body to relax.

Transition

It feels silly at first, but this is important. Practice setting up your transition area and transitioning from one sport to another. You can determine what layout works best and what equipment you really need. Races have been won and lost in transition!

Bricks

The most common is the Bike/Run brick. You hop on your bike and ride. When you are done, you immediately hop off, change shoes, and run. This helps get your legs and mind used to the bike-to-run transition. It also shortens the time it takes for you to get your "running" legs working after the bike. Bricks can be formulated in any combination and done as repeats if you really want to get a good workout. Think: Cycle 5 miles, Run Sprint 1 mile (Repeat 3 times) or Swim 500 yards, Cycle 5 miles (Repeat 3 times).



Dedicated rest days

Take a day off from any dedicated "exercise." I'm a fan of active rest days where we focus more on fun than running for an hour. If your active rest day is climbing the indoor wall at Weatherford's, good job. If it is hiking, sure! Rollerblading, if anyone does that anymore, great! Don't let a rest day become a day of doing nothing and eating junk. Don't sabotage your progress.

Good luck in your training!

WEST FLORIDA WHEELMEN NEWS & EVENTS

Wheelmen Ride All Year!

Check the [Wheelmen calendar](#) for the FULL schedule and additional rides in the area.

TGC Out and About - July 2017



Sea Turtle Tri Rocks!!!



Rain didn't stop PRA - July 16

TGC Beach Day - July 23



LET TGC KNOW ABOUT YOUR EVENTS:

Your fellow TGC members love to know what you are up to when it comes to participation and accomplishment in any scored road races or triathlons!



Post to the Facebook Page so we can stay connected and celebrate everyone's accomplishments.

UPCOMING EVENTS

MULTISPORT EVENTS

2017 Portofino Tri Series
A Team MPI Event

LOCAL RUNS

[Bushwacker 5k](#)
Aug. 5
Gulf Breeze, FL

Aug. 19 - Saturday at 7:00 a.m.
Sep. 23 - Saturday at 7:00 a.m.
** ENVIE LADIES ONLY TRI **

Info & Registration

Mountain Lakes Triathlon

Aug. 5
Guntersville, AL
Email President@trigulfcoast.org for
Team Magic Discount Code!

MPI's Portofino Tri Race #3

Aug. 19
Pensacola, FL

Cultivation Nation Triathlon

Aug. 26
Wiggins, MS

Dragonfly Triathlon

Aug. 26
Sardis, MS

Brett Robinson Alabama Coastal Tri

Sept. 9
Gulf Shores, AL
Email President@trigulfcoast.org for
Team Magic Discount Code!

UPCOMING TGC EVENTS

Board Meeting

Aug. 9 (Wednesday) - 6:00 p.m.
Contact: President@TriGulfCoast.org

TGC Gear Swap Day

Aug. 13
Before and after Mere Mortals

TGC Summer Social

Aug. 20 - 2:00 p.m. - 5:00 p.m.
Note date change!!
Shoreline South - Picnic Gazebo
800 Shoreline Dr. Gulf Breeze

Youth Triathlon Clinic

Sept. 2
Pensacola Beach, FL
TGC Volunteers Needed!

TGC End-of-Year Social

Thursday, October 12
6:00 pm
Seleven Palafox

Run for One 5k

Aug. 19
Pace, FL

Krewe of Vixens T.E.A.L. There's a Cure 4 Mile/1 Mile Fun Run

Aug. 26
Pensacola, FL

Argonaut 5k

Sept. 2
Pensacola, FL

Bloody Mary 5k

Sept. 2
Gulf Shores, AL

Mere Mortals Session #15 NEWS

The run portion of this session will be replaced with your choice of a longer bike ride or participation in this race:

Board Shorts & Bikinis 5k

Sept. 3
Pensacola Beach, FL

Use the discount code MORTAL

CYCLING EVENTS

Subway Pensacola Cycling Classic

Sept. 16-17
Pensacola, FL

West Florida Wheelmen Cycling Club

Ride Schedule

Trek Store - Rides

Gulf Coast Cycle and Tri - Rides

Pro Cycle and Tri - Rides

Ride More Bicycles

Girlz Only Sunset Rides

Each month, we create the above list of local races that span our membership area and beyond. Unfortunately, we cannot list EVERY race. Peruse these resources for additional events:

Tri Gulf Coast Calendar

Running Wild - Running Events

Run Pensacola

Pensacola Runners Association - Calendar

TriFind

USA Swimming

All head gear: One size fits all (or most) adults.
Limited QTY on most items.

\$15.00

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Merchandise Questions or Ideas? Contact [John](#)



**The TCG 2017
Headsweats Visor**



The TGC 2017 Trucker Hat

Stay Connected



Tri Gulf Coast | president@trigulfcoast.org | <http://www.trigulfcoast.org>

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